



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



Welcome to J.A.C.K.S. —

Jackson Area Collaborative Knowledge Source. This community resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

Learn more at
www.jacksfamilyguide.com

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If your business or organization would like to submit an article for FREE for publication please do so by the 3rd Friday of each month.

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Make 2022 the Best Year for You

By Morgan Riggs,
Managing Editor



Happy New Year! The start of January marks a time in which many people reflect on the previous year's triumphs and think about opportunities for growth moving forward. In this month's issue, our writers have tips to help you through this process.

From diving into your passions and how you spend your time to broadening your life this year through trying new things, they guide you toward a year of personal growth.

In addition to the incredible ideas and action steps in the following stories, here are a few more thoughts to help you make 2022 your best year yet!

Consider a Word for the Year
Having a guiding word for the year can assist you in staying on track with goals, resolutions, and lifestyle changes. It could be as simple as "growth" or "change," or you can think out of the box! If a word for the whole year seems too daunting right now, consider picking a different word for every month and implementing changes one at a time.

Refresh Your Space
A calm and tidy space can help you start the year on the right foot. Think about deep-cleaning areas in your home and donating objects in your household that you no longer use.

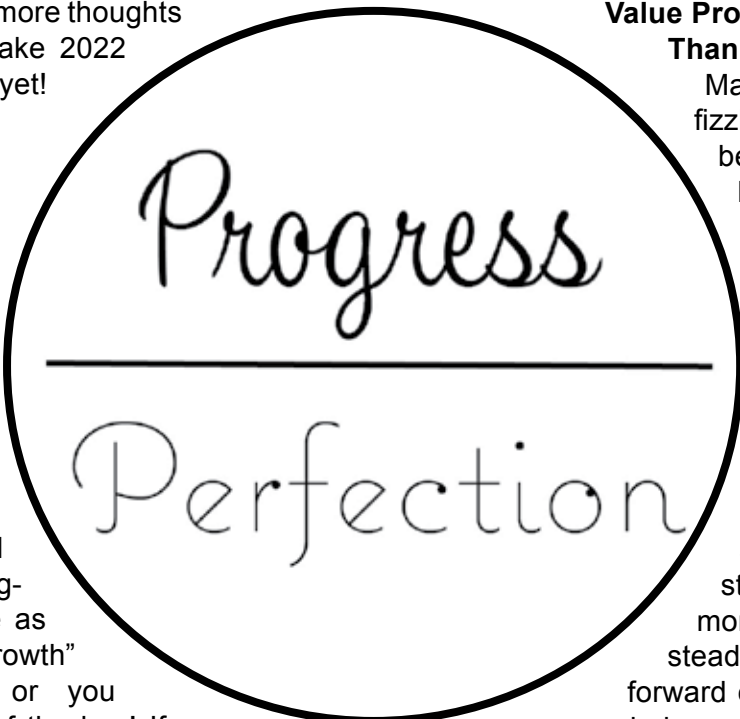
Create Resolutions that
Involve Others

The pandemic has most certainly caused many people to feel disconnected from friends, family, and loved ones. While in-person interactions have increased in prior months, think about how you could include others in your resolutions to help deepen your connections and keep you accountable. Do you want to get in shape and spend more time with friends? Ask one or more of your friends to try a new workout class with you. Do you wish you spoke to your extended family more often? Schedule a call with different family members or create a game by emailing each other questions each week to get to know them better.

Value Progress More
Than Perfection

Many resolutions fizzle before they become habits. If you begin with a desire for perfection in mind and experience a misstep one day, you may revert to old behaviors and say, "I'll start next week/month/year." Instead, keep pushing forward even if you eat a whole pack of cookies, forget to exercise, spend way too much money on that shirt, have writer's block while journaling, and turn off your guided meditation after 30 seconds one day. Celebrate your victories, and do not dwell on your shortcomings.

No matter how you decide to begin 2022, I hope that you enjoy the year and find something to appreciate about it each day. From our family to yours, Happy New Year!



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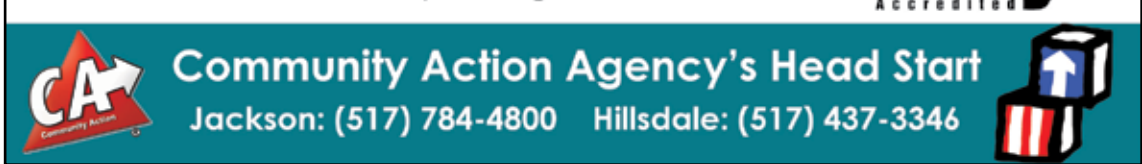
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What to Do in 2022?A Guide For Your New Year

By Theresa Horne, CPT
Count down with me: three, two, one, exhale... It feels like we have collectively been holding our breath for the last two years, and now is the time to exhale.



Everybody with me now, pause, take a deep breath. Roll your shoulders back. Shake out your arms, sit up straight, strong, and look forward to the new year. The last two years have been full of lessons, stress, strength, and resilience. For many of us, we have truly taken inventory of what is important in our lives, and we are preparing to shift into the new year with a different outlook. Now is the perfect time to reflect and focus on goals and vision for your future.

I suggest beginning with these three steps of reflection.

1. Get to know yourself better.

Knowing means to be aware of, to perceive, understand, appreciate and recognize. Can you honestly say you know yourself? If not, begin by taking an inventory of what you already know to be true about yourself, or at least assume to be true. Resources that

may be helpful include any self-evaluations you have done in the past or work you have done in conjunction with a coach, teacher, trainer, or therapist. If self-exploration is new to you, several books and online courses may interest you and help you understand yourself and how you give and receive love. One

currently doing in life? Make a list of all the roles in your life that you hold. Start at home and branch outward. Some examples might be- Daughter, Wife, Mother, Friend, Worker(your job title), Business owner, Church member, Volunteer. Or are you spending large quantities of time on

sion. What are you passionate about doing? The beauty of this step is comparing what you are passionate about with how you spend your time. Do they align, or is there a contradiction? What do you love to do? What are you passionate about changing or making better? This can also be

ideas, likes, dislikes, passion for creation, and passion for others motivates us to dream. Dreaming and dreaming big is the next step. I know I feel deeply motivated to help people figure out their purpose and go after it. What is your passion? Have you taken the time to consider how you can channel your passion in the next season of your life?

Get to know yourself, assess how you spend your time, and tap into your passion. 2022 is the perfect time to make a positive impact in the world. We need you!

If you would like to join us for an in-person Goal Setting and Vision Board Party, we are hosting our first in-person event of 2022 on January 15, from 1 to 4 pm, at the Lean Rocket Lab. Register at www.sisterhoodofstrong.com.

Theresa Horne is the Founder and lead coach of Sisterhood of Strong. As a Certified Personal Trainer -National Academy of Sports Medicine (NASM), Fitness Nutrition Specialist (NASM), and soul care practitioner, Theresa coaches people to live strong: body, mind, and soul to fulfill their purpose.

To schedule a targeted strong session or find out more about Sisterhood of Strong visit www.sisterhoodofstrong.com



of my favorite resources is The Five Love Languages by Gary Chapman. There is an online quiz which can be very helpful in finding our personal love language.

2. Reflect on how you spend your time.

How do you spend your time? What are you cur-

things like television, social media, streaming services? Looking at what we currently do often motivates us to want to change and either do less of the things we truly no longer value and more of the things we sincerely do value.

3. Discover your pas-

sion identified as what gives you that spark. What brings you joy? How do you express this? The things we love are often tied to our passions as passion drives our destiny.

We are all created with gifts and talents to bring to the world. Passion for our

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Learn to Love Your Hometown

A Few New Things to Try in the New Year

By Val Herr

Welcome to a New Year and new opportunities! I love the New Year. I believe it's a chance to start new activities, have a fresh outlook, and have a clean slate. I'm especially excited for 2022. Jackson has so many amazing events, programs, and offerings. My only worry is that I won't have time to do everything I want to do. I'm going to highlight a few of the new things I am most excited about, and as always, I encourage you to try something new, get out of your rut and be a part of the solution and not a part of the problem.

1. Jackson School of the Arts is ensuring all people have access to their programs and are making fantastic use of their new building. If you haven't seen it, you really must! Did you know they offer classes for adults? That's right! They aren't just for kids! I'm excited for their new fitness class offering of Cardio Drumming to expand their relatively new Adult Fitness class lineup. If getting healthier is part of your plans for 2022, be sure and check out

Jackson School of the Arts.

2. Jackson YMCA. Did you know they are offering a FREE Winter Learning Series? This series takes place every Monday, January through March. While it is geared toward older adults, anyone will benefit from attending. It's a great way to get out during the

levels. Give them a call and make your dreams come true.

4. Beads to Live By offers classes via Zoom and in person. Try your hand at making a one-of-a-kind piece of jewelry. Better yet, get a group of friends together and do a class together. I had the honor of doing a class a while ago, and

no true artistic talent, but it doesn't mean I don't enjoy trying. Every time I see one of their posts, I want to try it even more. If Creative Journaling isn't on your list, be sure and check out Sheryl's other classes.

6. Recently, Matt and I had a rare date night and went to a class by Express Yourself Glass. We made some incredible ornaments. Matt did the complicated ones, and I did the easy ones. We walked away with six new ornaments and an unforgettable experience. After the class, we stopped and talked with the owner for a few moments. She took us to her home and showed us the other projects/classes she offers. I can guarantee you we will be taking another class in the future! I was amazed at the different items we could create, and she does a wonderful job taking you step by step through the process.

If we have learned anything from the past two years, it is that time is limited, and we cannot take the small things of getting out and about, trying new things, and being together with loved ones for granted. Life is too short not to try new things, make time for family and friends and get the most of every day that we can.

trust me, no talent is needed. I had no experience and no talent for jewelry making and with their assistance I was able to take home a beautiful necklace.

5. Essa Arts Creative Journaling Class. This has moved up to the number 1 spot on my bucket list. I think we have established I have



cold winter months, meet new people and engage with our community. Be sure and check them out.

3. Is playing an instrument on your bucket list? If it is, my friends at the Jackson Symphony Orchestra are happy to help you achieve your goals. Lessons are available for people of all ages and skills

Jackson County Animal Shelter's Adoptable Pets: Taz & Lucky

Contributed by the Jackson County Animal Shelter

Taz

Meet Taz, he is a 12 year old brown and grey male tiger. Taz is very friendly, he will come to greet you when his cage door is opened. This older gentleman was surrendered by his owner who could no longer afford his care. He seems to get along well with other cats and likes attention. Won't you come meet this green eyed gem who is just looking for a forever home.

Lucky

Lucky is the name, but his luck seems to have run out as he is looking for a new home. He is solid grey with green eyes, he has been declawed on his front paws. Lucky is 12 years old and a very chill guy who enjoys his naps. Domestic cats can live up to 20 years so these guys

likely have some wonderful senior years ahead. Won't you come meet them today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. Cat Adoption Fees are \$60 for one cat, \$80 for two, which will include applicable tests, vaccines and spay/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include: Online cat application: <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org.

See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com-Shelter Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



Doing Well by Doing Good: Ways to Give Back to Your Community

(BPT) - With the giving season upon us, people are thinking about how they can give back to their communities. There are numerous ways to give back whether by helping those in need, volunteering your time, or choosing to support businesses in your community. Last year charitable giving reached a record of more than \$471 billion.

With the recent launch of its 2020 Global Responsibility Report: Nourishing People and Planet, Erin Richards-Kunkel, senior director of Strategic Partnerships and Corporate Social Responsibility at Herbalife Nutrition, shares tips to help you find ways to give back this holiday season and beyond:

1. Take stock in your community and identify what the biggest issues or gaps are that need support

With the best intentions, many people may decide to donate or volunteer time to an organization without asking the important question: "What is the specific need here?" Different communities, geographically, demographically, etc., have different types of challenges that need to be met, and understanding what those communities or certain organizations need is critical to make a sustainable impact.

When you identify a potential nonprofit or organization you want to give back to, "Ask them what gaps they experience that you can fill," says Richards-Kunkel. "This is a great way to understand what unique assets you can bring to their team." If you want to feed the hungry, maybe they only need fresh produce, or instead of donating money to a hospital, perhaps they really need a few hours of your time to spend with children or elderly people that just don't have family around the holidays, or even cleaning up graffiti to beautify a neighborhood landmark that serves as a place where people gather during this time of year - something you may not think of right away can make a huge difference and create a larger impact than something else that's so obvious.

2. Find a local organization or small business that aligns with your personal values

There are hundreds of deserving causes that need help and support, but to make the biggest impact,



it's best to stick to the cause that aligns with your beliefs, values and community outlook.

As a global nutrition company that's been changing people's lives with science-backed nutrition products for 41 years, it made sense for Herbalife Nutrition to align our company's global initiative, Nutrition for Zero Hunger (NFZH), with the United Nations Sustainable Development Goal #2: Zero Hunger, which aims to end hunger in all its forms by 2030.

"Our global responsibility strategy focuses on providing good nutrition and nutrition education to battle food insecurity, solve the many different drivers of hunger, malnutrition and challenges that vary significantly based on socio-political, geographical and cultural needs," Richards-Kunkel adds.

Socially-conscious purchasing is not a new concept - more people are starting to support businesses that take a particular stance on issues or make a difference in society. Consider purchasing your holiday gifts this year from local businesses that will help bolster the economy in your community, or businesses that give a portion of its profits to a cause you care about.

3. Empower others

Doing well by doing good, and giving back to your community, is more than choosing a cause to support with time and money. Consider taking things a step further by providing tools to your community to empower them to take action themselves.

The best way this can

happen is by sharing knowledge and educating people. This can be done through improving healthy lifestyles,

this past year, it's that health is wealth. Access to good nutrition is the first step people have been taking to

communities when it comes to starting a business, and we support organizations that provide opportunities for underserved, vulnerable, and minority communities.

4. Set goals to bolster environmental stewardship

Communities should start coming together to see what can be done collectively about bettering the environment. You can organize trash pick-ups, or perhaps you consider yourself an environmentalist and want to start educating people on the positive impacts of proper waste discarding (trash, recycling and composting) or regenerative farming on the environment, or advocate for businesses to adopt wall gardening to help mitigate pollution.

5. Bring friends

Volunteering is great and fulfilling, but it can also be fun, especially when you do it with friends and family.

growing their own food, creating employment opportunities or even just teaching people how to discard trash properly (reduce, reuse, recycle).

If we learned anything

improve their wellness. The next step is safeguarding opportunities and improving communities. We also appreciate the unique challenges confronting many underrepresented com-



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Preparing for Wicked Winter Weather: How to Help DPW Crews Keep Roads Safe this Winter Season

By Aaron Dimick,
City of Jackson Public
Information Officer



When harsh snow and ice strike, crews from the City of Jackson Department of Public Works (DPW) are out in salt and plow trucks helping to make sure streets are safe to use.

Bob Stolarz is a DPW worker who's been battling winter weather for more than 20 years in Jackson. "During big snow events, workers like myself often spend up to 12 hours a day behind the wheel of a plow or salt truck," Stolarz said. Crews target major roads and emergency snow routes first and then

turn their attention to neighborhood streets. The City uses a mixture of salt and sodium chloride to treat roadways. Sodium chloride helps make the salt more effective during freezing cold temperatures.

Seeing as Jackson has many narrow neighborhood streets, the DPW asks residents to please remove parked vehicles from streets when there's a winter weather event. "Removing vehicles from streets means the City can efficiently treat the roadways. Vehicles left on streets slows us down and often leads to big sections of streets not getting attention because it's difficult for our large rigs to get around parked vehicles," said DPW Supervisor Randy Lybarger.

As crews travel cautiously around vehicles,

they also ask residents do the same for them. Drivers should keep their distance from salt and plow trucks so they can safely treat roads. That includes not following the trucks too closely, staying out of blind spots, and not trying to pass them. Attempting to pass these trucks during a weather event can cause serious crashes.

Residents should also be aware of a winter weather emergency declared by the City. Depending on the severity of the event, residents may be asked to remove parked vehicles from streets or to stay off roads entirely. Information about winter weather emergencies is distributed through CodeRED, the City's website, and social media. DPW crews appreciate the help they get from the commu-

nity. "The more assistance we get from residents, the sooner roads will be made safer for everyone," Stolarz said.

It's also important not to forget about fire hydrants during the winter. Snow drifts and piles often hide fire hydrants, and Hydrants obscured by snow make it difficult for fire crews to find them during an emergency

which could delay response times.

This is a potential issue on every street, especially along busy roads where more snow builds up from clearing efforts. While Jackson firefighters routinely dig out hydrants, the fire department is asking residents to help keep their neighborhood hydrants clear of snow.



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How Can I Get My Child to Eat More Fruits and Vegetables?

Contributed by
Community Action Agency
& Anna Jones, MPH, U of M
Dietetic Intern

- 1. Add a serving of fruit or vegetables to every meal and snack. Simply offering them these foods increases the amount they eat each day.
- 2. Sneak them into your child's favorite foods. Add broccoli to mac and cheese or kale to spaghetti. They might not even notice the vegetables are there.
- 3. Mix leafy greens like spinach into fruit smoothies. The sweetness of the fruit masks the favor of the greens, making the flavor more enjoyable for them.
- 4. Be patient. Introduce one fruit or vegetable at a time. It may take introducing new foods up to 10 times or more before your child decides they like it.
- 5. Replace dessert with fruit a few nights a week. They will still enjoy the sweetness of the fruit but also get all of the nutrients

- they have to offer!
- 6. Give them options. Make two vegetables for dinner. Then, allow them to decide which one they want to have on their dinner plate. Giving the ability to choose will increase their willingness to eat them again in the future.
 - 7. Encourage them to help out in the kitchen. Allowing them to prepare their food gives them a sense of pride and ownership of the food, increasing their desire to eat it.
 - 8. Pair fruits and vegetables with dips like hummus, ranch, and flavored Greek yogurt. Sometimes, a little extra flavor helps.
 - 9. Be a role model. Eat fruits and vegetables in front of your child. Children tend to copy the behavior to those around them.
 - 10. Cook them in new ways. Roasting vegetables helps bring out their natural sweetness, making them more appealing to children.

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January Speakers

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Snacks, beverages and prizes.

 **Monday, January-March 2022**

 **11:30 AM - 12:30 PM**

 **127 W. Wesley St., Jackson, MI**

 **517.782.0537**

 **www.JacksonYMCA.org**



January 3
TOPIC: Loneliness, Solitude & Creativity
LEE PATON, PhD, RN
Hospice Administrator
ProMedica
(Formerly Heartland Home Health & Hospice)



January 10
TOPIC: Aging Well: Strategies and Resources to Help You Thrive after 60
ELIZABETH STOREY
Elder Community Liaison
Jackson College



January 17
TOPIC: Rightsize Your Life
JENNA CHMIELEWSKI
Senior Real Estate Specialist
ERA Reardon Realty



January 24
TOPIC: Healthy Living for Your Brain and Body
MICHELLE PHALEN, B.A.
Program Coordinator
Alzheimer's Association



January 31
TOPIC: Basic Legal Documents Needed to Navigate Health Care
JILL CLOUSER, LBSW
Community Outreach Coordinator
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Parrotlets: A Big Bird in a Little Bird's Body

Contributed by
Imagine Planet

Our newest animal ambassador is Azzie, the turquoise Pacific parrotlet. Parrotlets are the smallest member of the parrot family in the pet trade, even smaller than parakeets. Unlike parakeets, they have short tails and are closely related to the much bigger Amazon parrot. Like their larger cousins, Pacific parrotlets are capable of talking, although not all will. They are a "big bird in a little bird's body." They constantly vocalize, especially at dawn and dusk, but it is not as loud as bigger parrots. A parrotlet needs daily social attention to remain a sweet, engaging bird.

These tiny parrots need to fly and require the largest cage possible. In the wild they spend their time foraging and are very active. In captivity, they need lots of exercise and socialization to stay healthy, as they tend to get overweight. A good pelleted small parrot food, supplemented with vegetables and some seeds as treats is a good choice. A variety of toys in the cage will also help keep your bird stimulated.

The Pacific parrotlet is a small green parrot, typically 11–14 centimeters (4.3–5.5 in) long and weighing 30 grams or more. Wild Pacific parrotlets are green with a dusty grey cast over the body, a bright green

mask, and a pinkish beak. Legs and feet are pinkish-grey. Pacific parrotlets are sexually dimorphic: males possess shades of blue on their wings. They can live from 10 to 15 years with proper care.

The Pacific parrotlet (*Forpus coelestis*) originates in Mexico and Central and South America, in particular western Ecuador and northwestern Peru. They are most common in dry habitats such as the desert and deciduous forests but have spread into humid areas due to deforestation. They are abundant across their range, and their populations are relatively undisturbed by human activity. Pacific parrotlets are found living in flocks from 40 to 50, on the borders of woodlands, shrubby clearings, gardens, parks, and crops. Pacific parrotlets are non-migratory, meaning they stay in the same area year-round.

Come into Imagine Planet to meet Azzie (pronounced Ozzy), who was born in the late summer of 2017. He is adjusting to life here, and we are working on socializing him in this new environment. It certainly is never dull here! We are open Monday, Tuesday, Thursday, Friday, and Saturday from 12-5 PM. Check our Facebook page or call 734-358-9893 for any closures due to weather or illness.



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Eligibility: The scholarship is open to United States citizens only, both men and women, single or married, irrespective of race, creed or color. The age limit is between 18 and 35 years.

Description: The purpose of the Scholarship, in accordance with the clear stipulation of the Stacey's will, is to foster high standard in the study of form, color, drawing, painting, design, and technique, as these are expressed in modes showing patent affinity with the classical tradition of Western culture.

Here are some suggested subject categories for artworks. It is not necessary to provide something from each category:

- Painting from life
- Drawing from the figure (nude)
- Composition
- Landscape
- Any other examples of your work which you think advisable

Award: Vary from \$500 to \$5,000

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Application: <https://national-cowboymuseum.org/learn-discover/stacey-scholarship-fund/>

ANS John & Muriel
Landis Scholarship

Eligibility:

- Undergraduate and graduate scholarships are open to ANS student members enrolled in a course of study relating to a degree in nuclear science or nuclear engineering.
- All applications must be sponsored by a faculty advisor of an ANS Student Section or an individual ANS member.
- U.S. and non-U.S. residents may apply if they are enrolled in and attending an accredited institution in the United States with an established ANS Student Section or Alpha Nu Sigma chapter.
- Incoming freshmen awards are open to graduating high-school seniors who have enrolled, full-time, in college courses and are pursuing a degree in nuclear engineering or have the intent to pursue a degree in nuclear engineering.

Description: The American Nuclear Society believes in rewarding its members for their academic, services and leadership excellence. To do so, scholarships are granted to qualified student members of ANS Student Sections who have demonstrated a high commitment to the standards set by the Society's constituents.

Award: \$5,000
Deadline: February 1, 2022
Application: <https://www.ans.org/scholarships/landis/>

ing or have the intent to pursue a degree in nuclear engineering.

Description: The American Nuclear Society believes in rewarding its members for their academic, services and leadership excellence. To do so, scholarships are granted to qualified student members of ANS Student Sections who have demonstrated a high commitment to the standards set by the Society's constituents.

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- Meet physical standards
- Agree to accept a commission and serve in the Army on Active Duty or in a Reserve Component (Army Reserve or Army National Guard)

Description: The Four-Year High School Scholarship is for high school students planning on attending a four-year college program. Contact your high school academic advisor or campus Military Science department for more information.

Award: See Instruction and application
Deadline: The application must be started by February 4, 2022 @ 1159pm EST. If the applicant has started an application by February 4, 2022, the applicant has until March 4, 2022 @ 1159pm EST to complete all requirements.

Application: <https://www.goarmy.com/rotc/high-school-students/four-year-scholarship.html>

Description: The American Meteorological Society is pleased to announce the AMS Freshman Undergraduate Scholarship program, open to all high school students and designed to encourage study in the atmospheric and related sciences. Serving as a unique example of various sectors of our field joining together to support young, talented minds, the scholarships are being sponsored by partners in industry, as well as through named scholarships either established by an AMS member or in memory of someone.

Award: \$5000 - awarding \$2500 each year for freshman and sophomore years
Deadline: February 4, 2022
Application: <https://www.ametsoc.org/index.cfm/ams/information-for/students/ams-scholarships-and-fellowships/ams-freshman-un->

dergraduate-scholarship/

and Black/African American students. Funding for the scholarships is provided by industry and through donations made by members to the AMS Giving Program. Award: \$6,000 two-year scholarship - \$3000 per year during freshman and sophomore years
Deadline: February 4, 2022
Application: <https://www.ametsoc.org/ams/index.cfm/information-for/students/ams-scholarships-and-fellowships/ams-minority-scholarships/>

Eligibility: Applicants must be...

- a member of Service 1 Federal Credit Union or the child or grandchild of a member of Service 1 Federal Credit Union.
- a high school or college

student who plans to enroll or is already enrolled in an undergraduate course of study at an accredited 2 or 4-year college or university. Award: approximately 20 awards of \$10,000 each will be granted

Description: College is expensive. Service 1 FCU can help! The 2021 Calvin J. Peterson Memorial Scholarship application period is open to Service 1 Federal Credit Union members and their families. College-bound high school and current college students can apply for a \$1,000 scholarship to help with education expenses for the 2022-2023 academic year.

Award: Two \$1000 awards
Deadline: February 4, 2022
Application: <https://www.service1fcu.com/youth/scholarship-program>

AMS Freshman
Undergraduate
Scholarships

Eligibility:

- Applicants must be U.S. citizens or hold permanent resident status.
- Applicants must have a GPA of 3.0 on a 4.0 scale.
- Applicants must be entering their freshman year of college in the fall of 2022 as a full-time student and plan to pursue a degree in the atmospheric or related oceanic or hydrologic sciences. Marine biology does not meet this requirement.

Description: The American Meteorological Society is pleased to announce the AMS Freshman Undergraduate Scholarship program, open to all high school students and designed to encourage study in the atmospheric and related sciences. Serving as a unique example of various sectors of our field joining together to support young, talented minds, the scholarships are being sponsored by partners in industry, as well as through named scholarships either established by an AMS member or in memory of someone.

Award: \$5000 - awarding \$2500 each year for freshman and sophomore years
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dergraduate-scholarship/

and Black/African American students. Funding for the scholarships is provided by industry and through donations made by members to the AMS Giving Program. Award: \$6,000 two-year scholarship - \$3000 per year during freshman and sophomore years
Deadline: February 4, 2022
Application: <https://www.ametsoc.org/ams/index.cfm/information-for/students/ams-scholarships-and-fellowships/ams-minority-scholarships/>

Eligibility:

- Applicants must be U.S. citizens or hold permanent resident status.
- Minority students who will be entering their Freshman year of college in the Fall of 2022 are eligible to apply.
- Students must plan to pursue careers in the atmospheric or related oceanic and hydrologic sciences. Marine Biology is not eligible.
- Students eligible to apply for the AMS Minority Scholarship Program may also apply to the AMS Freshman Scholarship Program but can only accept one scholarship if selected for both.

Description: The AMS Minority Scholarships will award funding to minority students who have been traditionally underrepresented in the sciences, especially Hispanic, Native American,

dergraduate-scholarship/

Drive2Life
PSA Contest

Eligibility:

This national contest is open to all students from grades 6 - 12.

Description: Challenge your students to enter the Drive2Life Contest by creating a script or storyboard for a 30-second public service announcement (PSA) to help prevent distracted walking. Applicants must be in grades 6-12 and must create a storyboard or written script on 8.5x11-inch paper for a 30-second public service announcement to help prevent distracted driving. The grand prize will be a \$1,000 scholarship and a plus a chance to produce his or her PSA with a New York City area-based Emmy Award-winning producer, which will be featured on Teen Kids News.

Award: One Grand prize of \$1,000 plus a chance to produce his or her PSA with a New York City area-based Emmy Award-winning producer, which will be featured on Teen Kids News. Four runner-up awards of \$500 each.

Deadline: Check the new deadline announced in January 2022.

Application: <https://www.nrsf.org/contests/drive2life>

AMS Minority
Scholarships

Eligibility:

- Applicants must be U.S. citizens or hold permanent resident status.
- Minority students who will be entering their Freshman year of college in the Fall of 2022 are eligible to apply.
- Students must plan to pursue careers in the atmospheric or related oceanic and hydrologic sciences. Marine Biology is not eligible.
- Students eligible to apply for the AMS Minority Scholarship Program may also apply to the AMS Freshman Scholarship Program but can only accept one scholarship if selected for both.

Description: The AMS Minority Scholarships will award funding to minority students who have been traditionally underrepresented in the sciences, especially Hispanic, Native American,

and Black/African American students. Funding for the scholarships is provided by industry and through donations made by members to the AMS Giving Program.

Award: \$6,000 two-year scholarship - \$3000 per year during freshman and sophomore years

Deadline: February 4, 2022

Application: <https://www.ametsoc.org/ams/index.cfm/information-for/students/ams-scholarships-and-fellowships/ams-minority-scholarships/>

Society of Women
Engineers Sophomore -
Graduate Scholarships

Eligibility:

- Only candidates who identify as female may apply.
- Undergraduate/community college applicants must be planning to study an ABET-accredited program in engineering, technology, or computing in the upcoming academic year.
- Masters and PhD candidates must be enrolled or accepted at a school with ABET-accredited programs in engineering, computing, or technology.
- Applicants must be planning to attend full time (exceptions are made for re-entry and non-traditional applicants).
- Applicants must not be fully funded for tuition, fees, and books and equivalent.

Description: The SWE Scholarship Program provides financial assistance to women studying community college, baccalaureate, or graduate programs, in preparation for careers in engineering, engineering technology and computer science. In 2018, SWE awarded approximately 260 new and renewed scholarships valued at over \$1,000,000

Award: \$3,000
Deadline: February 15, 2022 for sophomores and above and May 2, 2022 for freshmen 5:00 PM Central time.

Application: <https://scholarships.swe.org/applications/login.asp>

Visit the College & Career Access Center today in the Jackson Crossing! For the complete list of scholarships please visit www.jcisid.org/CCAC.

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21-Day Equity Challenge To Raise Awareness, Equip Participants to Advocate for Racial Equity

Contributed by
United Way of
Jackson County

United Way of Jackson County invites the community to take part in a 21-day effort to educate and equip people to address systems and practices that discriminate based on race.

The 21-Day Equity Challenge will provide daily emails that explore the history of racial discrimination, how it continues to influence modern society, and the many ways that bias, privilege, and oppression show up in everyday life.

“People hear the term ‘racial equity’ a lot, but many don’t fully understand what it is and why it’s important,” said Ken Toll, President & CEO of United Way of Jackson County. “The 21-Day Equity Challenge addresses that lack of awareness by inviting participants to learn more about historical, race-centered inequities in national, state and local systems and institutions, and how those inequities came

to be.”

Nikkia Hurlbert, United Way of Jackson County’s Community Labor Liaison, spearheaded the project locally. The Challenge kicks off on Jan. 4, 2022, and concludes on Feb. 3.

“When you sign up, you’ll receive a short email every day for 21 weekdays,” Hurlbert explained. “Each email will include topics and links for a self-guided journey that explores the history and effects of racism and how it impacts people’s lives right here in Jackson County.”

“Tackling race-centered discrimination takes a united effort, and that requires all of us to see what it is, where it is, and how we can work together for change,” Hurlbert added.

The 21-Day Equity Challenge has been adapted by the Michigan Association of United Ways and local United Ways across the state. It was originally developed by Eddie Moore Jr., Ph.D., a diversity education consultant; Marguerite Penick-

Parks, Ph.D., a leadership and policy educator at the University of Wisconsin-Oshkosh; and Debby Irving, an educator and author specializing in racial justice. Helping guide development of the local effort was Katena Cain, Ph.D., of the Nonprofit Network; and Bob Powell, Ph.D., of Family Service & Children’s Aid.

To sign up for the 21-Day Equity Challenge, go to uw-jackson.org/21-day-equity-challenge.

About United Way of Jackson County

United Way of Jackson County mobilizes people, organizations and funds to create a community rich in opportunities to eliminate poverty and allow all people to achieve financial stability and success. We are committed to helping 5,000 Jackson County residents develop a pathway to financial success by 2025. Visit our website at www.uw-jackson.org, or follow us on Facebook, Twitter, YouTube and Instagram.



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JacksonYMCA.org



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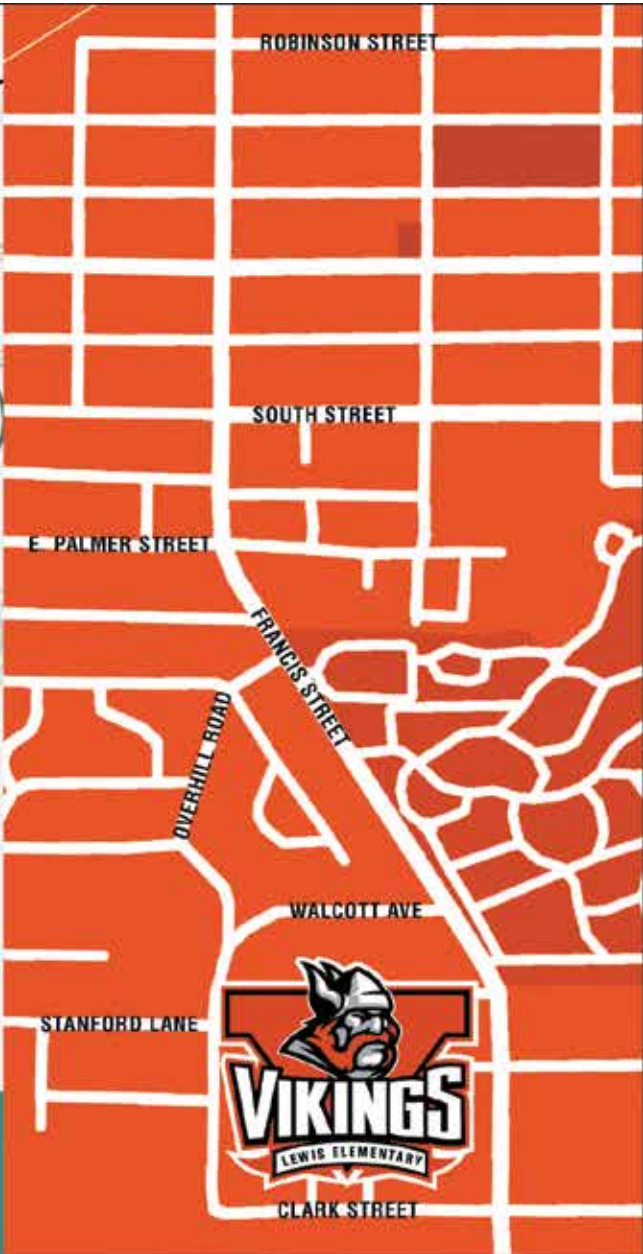
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Jackson YMCA Seeks to Wrap Up Fundraising, Releases Updated Schematic Design of Planned New Y

By Bonnie Gretzner,
Director of Marketing
and Communications,
Jackson YMCA

As 2021 winds to a close, Jackson YMCA capital campaign leaders and volunteers are seeking support to wrap up a successful \$25 million campaign for a planned new YMCA in downtown Jackson. The YMCA has raised nearly \$23 million to date, and Y volunteers are working to secure contributions and move forward on work for the new healthy living campus.

“The outpouring of support from individuals, families, businesses, organizations, and foundations for this once-in-a-generation investment opportunity is truly inspiring,” said Jackson YMCA CEO Shawna Tello. “The dollar amount raised is the largest-ever for a YMCA in Michigan and stands as a testament to our donor’s generosity and commitment to our community. Every dollar raised matters, and every dollar is an investment in the future of Jackson.”

The YMCA’s campaign leaders and volunteers continue to work closely with construction manager Granger Construction Co., architect/engineer Bergmann and Gro Development, a national leader in the development, design, and management of YMCAs. Granger Senior Project Manager Jeff Havranek noted the cost per square foot to build an all-new facility has increased approximately 17 percent since the beginning of the pandemic due to well-reported issues regarding equipment, labor, and the supply chain.

In response to rising costs and other challenges, local YMCA leadership and the Y’s

contracted experts have spent the fall months modeling multiple scenarios for the redevelopment of the Jackson YMCA. Their efforts have focused on:

- Adaptive reuse to preserve valuable existing space and lower construction costs
- Project scope to maintain current programs while adding new services
- Cost monitoring of the current market, which includes increased materials costs and scarcity of supplies and labor to ensure that the

partner space, approximately 6,500 square feet for Henry Ford Allegiance Health and 1,000 square feet for Big Brothers Big Sisters. The facility, including new additions and adaptive reuse, will offer members, program participants, partners, and guests over 70,000 square feet of useable space. In its current configuration, the YMCA offers roughly 66,000 square feet to members and patrons.

“With two synergistic community organizations at the new Y, the Jackson YMCA is on the leading edge of community agencies co-locating and collaborating at one convenient location,” said Gro President and CEO Rod Grozier, who has worked with almost 400 YMCAs nationwide. Work continues with the final re-design and re-bidding process to regional subcontractors, and final and formal bidding is set to wrap up in early 2022. Once the design is finalized and subcontractors are chosen, site work and construction on the new Y will be scheduled to begin around spring 2022.

“There is a great deal of enthusiasm and excitement

about the programs, services, and opportunities that will come from a new Y in downtown Jackson,” Tello said. “The Y is humbled by the support we have received. Because of our generous donors and their investment, our new Y and our partners will help the YMCA transform the health and well-being of our community and, without long-term debt, be sustainable for generations to come.”

For more information, visit www.JacksonYMCA.org.

As previously announced, work on transformational YMCA is set to begin in spring 2022.



Y absorbs no long-term debt

- Return on Investment (ROI) for membership, programs, collaboration, and donors

To advance the YMCA’s campaign objectives and in response to insight gained, Y leadership is moving forward with a revised construction and reuse plan. The new Jackson YMCA will combine contemporary design and new construction with components of the existing building, reconfigured and retrofitted to meet the needs of an ever-broadening cross-section of the community.

The new Y will include previously announced

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for more information.

Creating Healthy Financial Habits that Stick

(BPT) - With prices on the rise, nearly everyone is looking for ways to make their money go further. In fact, the latest Google Search data shows that individual searches for “monthly budget template” increased a whopping 350 percent in the last five years in the U.S. alone.

While there’s no silver bullet when it comes to managing your money, you can build healthier financial habits that help you move toward your goals. Here are four tips for taking more control of your money:

Know Where Your Money is Going

The first step toward any goal is starting with a clear-eyed view of where you are. Your finances are no different, and to build a better relationship with your money, you first need to know where it’s going.

Digital personal finance apps like Google Pay and others make it easy to see exactly how much money you have, what you’ve spent and where you’ve spent it - all from your mobile phone. You

can quickly see how much you’ve spent by category (like groceries and gas) or by business (like your favorite neighborhood coffee shop or big-box retailer). The detailed view can help you identify which

rough plan for how to allocate it in the future. The 50/30/20 split can be a helpful rule of thumb for managing spending. The general idea is that about 50 percent of your money should go toward es-

Take Advantage of Special Deals and Offers

Online offers and deals are the modern-day coupons without all the clipping and sorting. With personal finance apps like Google Pay, all of the deals available to you are accessible and searchable through your mobile app. Just tap and activate the offers you like and the next time you make a purchase from that business, the offer will be automatically applied. No more fumbling for the right coupon at checkout.

Aim for Progress, Not Perfection

Just as overly restrictive diets don’t usually work for long, the same is true for restrictive budgets. Both fail because they aren’t sustainable and can lead to counterproductive splurging.

Rather than aiming for perfection, small, consistent steps can make a real difference. The goal of taking control of your finances is not to deprive yourself of living an enjoyable life - it’s to create better habits, one step at a time, to set yourself up for a more secure and prosperous future.



expenses you can cut back on without feeling it too much.

Try the 50/30/20 Rule of Thumb

Once you know where your money is going, you’ll need a

sentials (housing, transportation, medical costs, groceries, etc.), 30 percent toward wants (dining out, new clothes, entertainment, etc.) and about 20 percent toward paying off debt or saving for the future.

Covid cases are rising in our community along with colds and flu.

If you have not done so already, it is very important to get your annual influenza vaccine as well as your COVID-19 vaccine or COVID booster. You can receive a flu shot and COVID vaccine at the same time regardless of whether you need a first, second, additional dose, or booster.

All Michiganders age five and up are now eligible to receive the COVID-19 vaccine.

CenterforFamilyHealth.org

Center for Family Health

No appointment necessary.

Stop in at the Walk-in Clinic to get your vaccination, or call 517-748-5500 for more information.